

September /
October
2015

The Smith Sentinel



**GREENSBORO
PARKS AND
RECREATION**

All programs are open to Guilford County residents ages 55 and better and are located at Smith Senior Center unless noted.

**Mabel D. Smith
Senior Center**
336-373-7564

2401 Fairview St.
Greensboro, NC
27405

www.greensboro-nc.gov/Seniors

www.facebook.com/smithseniorcenter

Hours:

Mon - Thurs
8 am - 8 pm

Friday
9 am - 8 pm

Saturday
9 am - 12 noon

**SMITH SENIOR
CENTER WILL BE
CLOSED:**

September 7
for
Labor Day

September is Senior Center Month

"Celebrate LIFE at Your Senior Center"

September Activities

NEW! Beginner Quilting Class — Tuesdays, Sept 1-Oct 27, 3:30-5:30 pm, Free. Taught by Paula Becker. Space is limited to 12 people. Register at the front desk by Aug 28.

Hiking Club Qualifying — Sept 9, 10 am, Country Park Shelter #9. New and returning Hiking Club members must qualify for the new year by walking around the lake twice (3.2 mi.) in under 70 min. An annual membership fee of \$10 is due at qualifying. (Make-up qualifying date is Oct 7 at 10 am.)

"Healthrhythms" Group Drumming — Sept 9 & 23, Oct 14 & 28, 10 am, Free. Led by music therapist, Jane Maydian, you'll reduce your stress and increase immunity while having fun. All musical abilities are welcome.

Get IRA Rollover Ready — Sept 10, 10 am, Free. Glenn Mosseller with Roadmap Financial Consulting will answer your questions and provide a checklist for rolling over an IRA from a previous employer at this free seminar.

NEW! Book Club Info Meeting — Sept 11, 12 noon, Free. This is an interest meeting for our new book club, "Booked for Lunch," that will meet monthly every 2nd Friday at noon.

Lunch Bunch — Sept 15, 11:30 am. We will meet at Mi Pueblo in High Point. A van will leave the center at 11 am, or you can meet us there. Call 373-7564 to register. **NEW! Caregiver Support Group Info Meeting** Sept 15, 6:15 pm, Free. This is an interest meeting for a new caregiver support group that will meet monthly every 3rd Tuesday.

Genealogy Class — Sept 16, 10 am, Free. Martha Stanley will share tips and tricks to help you start researching your family tree.

Movie: "McFarland USA" — Sept 18, 1 pm, Free. Kevin Costner stars as a cross country coach in a small California town that transforms a team of rag-tag athletes into championship contenders. (2015) 120 min.

NEW! Art Class — Mondays, 1-3 pm, Sept 21-Oct 26, \$75. Taught by The ArtistBloc, you'll learn basic drawing, painting and collage techniques over this 6-week course. Space is limited. Please register and pay by Sept 18.

Coffee Filter Wreath Class — Sept 24, 1-3 pm, \$20. Learn how to make a unique fall wreath out of coffee filters. Space is limited. Please register and pay in person by Sept 18.

October Activities

NEW! Photography Class — Thursdays, 1-3 pm, Oct 1-Nov 5, Free. Learn about digital photography and what to do with the pictures on your computer. Please register by September 28.

Community Yard Sale — Oct 3, 7-11 am. You're invited to participate in our semi-annual yard sale. Tables are available to rent for \$10 each. Please register and pay in person by Sept 25.

Birthday Potluck Lunch & Bingo — Oct 7, 11:30 am. Everyone is invited to celebrate those with Sept & Oct birthdays. Please bring a covered dish and one bingo prize to play after lunch.

Disaster Preparedness Q&A — Oct 8, 10 am. Marguerite Davis with the Red Cross will give tips on always being prepared and information on what to include in your household disaster kit.

Fall Fun Day — Oct 9, 12-3 pm, Country Park Shelter #1, \$5. We'll have a hotdog cookout and enjoy hayrides around Country Park afterwards. Register and pay in person by Oct. 2.

Flu Shots — Oct 14, 10 am-12 noon. Rite Aid will provide flu shots and will bill your insurance directly. Walk-ins are welcome, or to make an appointment, please call 373-7564.

Medicare 2016 Q&A — Oct 15, 10 am, Free. Join us on the first day of the Medicare Annual Enrollment Period for a Medicare 2016 presentation, followed by individual counseling sessions, by appointment. Call 373-7564 for an appt.

Good Home Maintenance Habits — Oct 15, 12 noon, Free. Presented by Warmath Realty, learn how to "fall" into good home maintenance habits. Registration is required. Lunch is provided. Register at the front desk by Oct 12.

Movie: "When the Game Stands Tall" — Oct 16, 1 pm, Free. The journey of legendary football coach Bob Ladouceur, who took the De La Salle High School Spartans from obscurity to a 151-game winning streak. (2014) 115 min.

Fall Dance — Oct 16, 7-10 pm, Free. D.J. Greg Pendergrass will play your favorite tunes to dance the night away. Refreshments provided.

Nutrition for Good Health — Oct 21, 10 am, Free. Dietician, Margaret May, will discuss the best nutritional choices for those with diabetes, hypertension and cardiovascular disease.

Canning Lid Pumpkin Class — Oct 23, 10am-12 pm, \$10. Make two cute fall pumpkins out of canning lids, orange paint and cinnamon sticks. Please register and pay in person by Oct. 16.

FITNESS

Fitness Room Membership | Fees: \$10 per month; \$30 for 3 months; \$100 for 12 months

Membership includes Orientation, Personal Training, and Fitness Testing by certified staff.

Fitness Room Hours Monday - Thursday 8 am - 7:45 pm | Friday 9 am - 7:45 pm
Saturday 9 - 11:45 am

Basketball Open Play — Wednesdays: 10 am - 12 noon

Table Tennis Wednesdays: 10 am - 12 noon (Ages 55+) Fridays: 5:00 - 7:45 pm (Ages 18+)

Bocce, Horseshoes, Shuffleboard and Cornhole Fridays: 10 am - 12 noon (Ages 55+)

Pickleball Outside — Mon. - Sat. during operating hours. Equipment is available at the front desk.

Gym Walking The gym is available for walking laps during operating hours, except during classes and other scheduled programs. 19 laps = 1 mile

AQUATICS

Senior Swim | \$30 for 30-visit pass | Ages 55+

Monday, 2 - 4 pm | Open swim

Tuesday, 9:45 - 10:45 am | Lap swimming in deep end, side to side. Shallow end is open.

Tuesday, 2 - 4 pm | Lap swimming in deep end, side to side. Shallow end is open.

Wednesday, 2 - 4 pm | Open swim

Thursday, 9:45 - 10:45 am | Lap swimming only, full length of pool.

Thursday, 2 - 4 pm | Lap swimming in deep end, side to side. Shallow end is open.

Friday, 11:30 am - 12:30 pm | Lap swimming only, full length of pool.

Water Aerobics Classes — Vivian Sloan, Instructor | Ages 55+

Shallow End | Monday & Wednesday | 8:15 - 9:15 am | August 24 - October 28 | \$95

Arthritis Foundation Aqua Program | Mon, Wed & Fri | 10 - 11 am | August 24 - October 30 | \$145

Evening Splash | Monday & Wednesday | 4:30 - 5:30 pm | August 24 - October 28 | \$95

Shallow End | Tuesday & Thursday | 8:15 - 9:15 am | August 25 - October 29 | \$100

Shallow End | Tuesday & Thursday | 11 am - 12 noon | August 25 - October 29 | \$100

NEW! Aqua Fit Class — Bobby Maynard, Instructor | Ages 55+

Mondays & Wednesdays | 11:30 am - 12:30 pm | Sept 14 - Nov 18 | \$95

This water exercise class is for all fitness levels. It features aerobic activity and strength exercises for a full-body workout, providing a low-impact alternative to traditional land aerobics. Ability to swim is not required.

Water Fitness Class — Cathy McClellan, Instructor | Ages 18+

Tuesdays & Thursdays | 5:45 - 6:30 pm | Oct 20 - Dec 17 | \$85

This class is for all fitness levels. You can add intensity to your water routine with noodles, hand weights, deep water (optional), circuit training and more. Ability to swim is not required.

CLASSES

NEW! Intro to Yoga — Ellen Ammirato, Instructor | Ages 55+

Mondays | 10:30 - 11:15 pm | Sept 14 - Oct 19 | FREE

Are you ready to move from chair yoga to the mat? Try this intro class first to learn the basics.

Beginner Zumba! — Janet Pollock, Instructor | Ages 18+

Mondays | 5:45 - 6:30 pm | FREE

Try this easier, gentler version of Zumba! for beginners or to add variety to your workout routine.

NEW! A Matter of Balance Class | Ages 55+

Tuesdays | 1 - 3 pm | Sept 29 - Nov 17 | FREE

This program is designed to reduce the fear of falling and increase activity levels in older adults. It is an 8-week program that meets one day a week for 2 hours. Please register at the front desk.

Chair Yoga | Ages 55+

Tuesdays | 11:30 am - 12:15 pm | Chipper Nuckles, Instructor | FREE

Fridays | 9:15 - 10 am | Ellen Ammirato, Instructor | FREE

Try this gentle form of yoga that is practiced either sitting in a chair or on a mat on the floor.

Yoga on the Mat — Ellen Ammirato, Instructor | Ages 55+

Fridays | 10:30 - 11:15 pm | FREE

Try this traditional yoga class that is practiced on a mat on the floor.

S E R V I C E S

Blood Glucose and Blood Pressure Checks, 10 am — Sept 23 and Oct 28. UNCG's School of Nursing provides free blood glucose and blood pressure checks on the 4th Wednesday of the month.

NEW! Caregiver Support Group, 6:15 pm — Sept 15 and Oct 20. This new support group will meet the 3rd Tuesday of the month to discuss caregiver stress, burnout characteristics, and the overall responsibility of caring for another. Facilitated by a Licensed Professional Counselor associate and certified rehabilitation counselor, the group is free and open to the public.

Grief Support Group, 6 pm — Sept 14, 21, 28 and Oct 12, 19 26. This group is free and open to the public.

Hearing Loss Group, 6 pm — Sept 9 and Aug 14. Sponsored by the NC Div. of Services for the Deaf and Hard of Hearing, the group is free and open to the public.

Hearing Screenings, 10 am — Nov 10. Hearing Solutions provides free hearing screenings on the 2nd Tuesday of every other month. Call 373-7564 for an appointment.

Insurance Counseling — The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries and caregivers about Medicare options. An insurance counselor can meet with you by appointment at Smith Senior Center by calling 373-4816 ext. 253.

Legal Services, 10 am — Sept 3 and Oct 1. Legal Aid of NC provides free legal services to eligible seniors on the 1st Thursday of the month. Please call 336-398-1716 or 336-398-1731 to schedule an appointment.

Osteoporosis Group, 1:30 pm — Sept 10 and Oct 8. This support group meets the 2nd Thursday of the month to discuss awareness, prevention and creative management of this chronic illness. Facilitated by a Licensed Professional Counselor, the group is free and open to the public.

A. H. O. Y.

Add Health to Our Years

FREE low-impact aerobics classes for ages 55+

Smith Senior Center 2401 Fairview St.	M, T, W, Th, S W	9:15 am 5:30 pm
Lewis Recreation Ctr. 110 Forest Lawn Dr.	M, W, F	9:15 am
Leonard Recreation Ctr. 6324 Ballinger Rd.	M, W, F	10:30 am
Brown Recreation Ctr. 302 East Vandalia Rd.	Tu, Th	9:15 am
Peeler Recreation Ctr. 1300 Sykes Ave.	Tu, Th	10:30 am
Griffin Recreation Ctr. 5301 Hilltop Rd.	Tu, Th, Sat	10:30 am
Lindley Recreation Ctr. 2907 Springwood Dr.	Tu, Th	2:15 pm

T R I P S

N.C. State Fair — Raleigh Tuesday, October 20

We will depart Smith Senior Center at 8 am and return around 5 pm. This is "Senior Citizen Day" at the fair. The cost of the trip is \$20 person, which includes transportation. Please bring money for lunch and \$10 for admission if you are age 64 or younger. Admission is FREE for ages 65 and older. Registration begins **Friday, September 11 at 9 am.**

Boone, NC Tuesday, October 27

We will depart Smith Senior Center at 9 am and return around 6 pm. We will have lunch at Dan'l Boone Inn, visit Mast General Store and other shops on King Street, and ride on the Blue Ridge Parkway to the Cone Estate. The cost of the trip is \$40 which includes transportation, lunch, tax and tip. Registration begins **Friday, September 18 at 9 am.**

Rudy Theatre — Selma, NC Friday, November 20

We will depart Smith Senior Center at 9:30 am and return around 6 pm. We will have lunch at Robbins Nest then see the **Jubilee Downhome Christmas** show at the Rudy Theatre. The cost of the trip is \$55 which includes transportation, lunch, tax, tip and show. Registration begins **Friday, October 2 at 9 am.**

Temple Theatre — Sanford, NC Friday, December 4

We will depart Smith Senior Center at 10 am and return around 6 pm. We will have lunch at Mrs. Lacy's Magnolia House then see the play, **A Christmas Carol**, at the Temple Theatre. The cost of the trip is \$55 which includes transportation, lunch, tax, tip and show. Registration begins **Friday, November 6 at 9 am.**

How to Register:

- Registration must be made in person at Smith Senior Center on or after the registration date
- Payment by cash or check is due at the time of registration
- A simple health form must be completed once a year
- You may register yourself and one other person as long as all paperwork is completed and payment is made
- Refund information is available at registration
- Seats on the bus are not assigned. Seating is first-come, first-served on the day of the trip.

Pacific Northwest 2016

We are planning a trip to the **Pacific Northwest** for **Aug 28-Sept 4, 2016.**

Join us for a special presentation about the trip by a representative from Collette Vacations on **Wednesday, November 4 at 10 am.** Trip brochures will be available at the front desk ahead of time.



Smith Senior Center
2401 Fairview Street
Greensboro, NC 27405
www.greensboro-nc.gov/seniors
www.facebook.com/smithseniorcenter

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RETURN SERVICE REQUESTED

September / October 2015

If you would like to receive The Smith Sentinel newsletter or the AHOY schedule by email, please send an email to **jennie.matkins@greensboro-nc.gov** and request to be added to the "Newsletter" and/or "AHOY" email lists.

2015 Satisfaction Survey

We are currently conducting our first annual online satisfaction survey for Smith Senior Center's programs, classes and services. As a valued participant, your feedback would be greatly appreciated. You may go to the following link to complete the survey online:

<https://www.surveymonkey.com/r/W9X6RLK>

Attractions Coupon Books

Personal Care Inc. is selling the **2015-16 Attractions Dining and Value Guide** to benefit Smith Senior Center. Coupons are valid NOW through December 31, 2016. By using just 2 or 3 coupons at your favorite restaurants and stores, the book easily pays for itself. **Each book costs \$25.00.** Books are available at the front desk and at PCI. You may pay with cash or check made payable to Personal Care Inc.

Open House and Holistic Health & Wellness Fair

September is *National Senior Center Month* and to celebrate, Smith Senior Center is hosting an

***Open House and
Holistic Health & Wellness Fair***
Thursday, September 17
10 am to 1 pm

Participants will be able to tour the center, try the equipment in the fitness room, participate in various demonstrations, and talk with vendors who specialize in holistic wellness products and services. The event is free and open to anyone ages 55 and better.

Scheduled Workshops & Demos

Risk of Falls/Fitness Analysis	10:00-11:00 am
Laughter Yoga	10:00-10:20 am
Chair Yoga	10:30-10:50 am
Music Therapy	11:00-11:20 am
Meditation	11:30-11:50 am
Hearing Resources	12:00-12:20 pm
doTerra Essential Oils	12:30-12:50 pm

For more information, please call 373-7564.